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Bangalore Mirror ON SATURDAY

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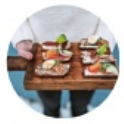
HEALTH TIP: Sound has a profound effect on our well-being, and certain frequencies and vibrations can promote relaxation and stress reduction



Mindful eating is a good practice that involves paying full attention to the process of eating, savouring each bite, and being fully present in the moment

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CONTAGION

How does food get contaminated? Unsafe habits that kill more than 400,000/year

Unsafe foods, according to the World Health Organisation (WHO), contribute to poor health, including impaired growth and development, micro-nutrient deficiencies, non-communicable and infectious diseases, and mental illness.

Globally, one in ten people are affected by food-borne diseases each year. Antonina Mutoro, a nutrition researcher at the African Population and Health Research Center, explains what causes food contamination and how we can lower the risk of disease.

Access to safe and nutritious food is a basic human right which many do not enjoy, partly because of food contamination. This is defined as the presence of harmful chemicals and microorganisms in food that can cause illness. According to the WHO, food contamination affects about one in every ten people globally and causes about 420,000 deaths annually.

Food contamination can be: physical: foreign objects in food can potentially cause injury or carry disease-causing microorganisms. Pieces of metal, glass and stones can be choking hazards, or cause cuts or damage to teeth. Hair is another physical contaminant.

Biological: living organisms in food, including microorganisms (bacteria, viruses and protozoa), pests (weevils, cockroaches and rats) or parasites (worms), can cause disease.

Chemical: substances like soap residue, pesticide residue and toxins produced by microorganisms such as aflatoxins can lead to poisoning.

Most common causes

The most common cause of food contamination is poor food handling. This includes not washing your hands at the appropriate time – before eating and preparing food, after using the toilet, or after blowing your nose, coughing or sneezing.

Using dirty utensils, not washing fruits and vegetables with clean water, and storing raw and cooked food in the same place can also be harmful. Sick people should not handle food.

And you should avoid consuming under-cooked foods, particularly meat.

Poor farming practices can also contaminate food. This includes the heavy use of pesticides and antibiotics, or growing fruits and vegetables using contaminated soil and water. The use of inadequately composted or raw animal manure or sewage is also harmful.

Fresh foods can lead to a number of illnesses. In Kenya, for instance, the contamination of meat, fruits and vegetables with human waste is relatively common. This is attributed to the use of contaminated water to wash food. Flies carrying contaminants can also directly transfer faecal matter and bacteria onto plant leaves or fruits.

Street foods are another common source of food contamination. These foods are widely consumed in low and middle-income countries because they're cheap and easily accessible.

What are the signs you've eaten contaminated food?

Biological and chemical substances are the most common food contaminants. They account for more than 200 food-borne illnesses, including typhoid, cholera, and listeriosis. Food-borne illnesses usually present as diarrhoea, vomiting, and stomach pains.

In severe cases, food-borne illnesses can lead to neurological disorders, organ failure, and even death. It's therefore advisable to seek immediate medical attention if you begin to experience symptoms like persistent diarrhoea and vomiting after eating or drinking.

Children aged under five are the most vulnerable to food-borne illnesses. They bear 40 per cent of the food-borne disease burden. A child's immune system is still developing and can't fight off infections as effectively as an adult's.

In low and middle-income countries, reduced immunity in children can also occur as a result of malnutrition and frequent exposure to infections due to poor hygiene and sanitation, including a lack of access to safe water and toilets. Additionally, when children are ill, they tend to have poor appetites.

This translates to reduced food intake.

Coupled with increased nutrient losses through diarrhoea and vomiting, this can lead to a cycle of infection and malnutritio. In extreme cases, it can even lead to death.

Pregnant women and people with reduced immunity due to illness or age are equally vulnerable and extra care should, therefore, be taken to prevent food-borne illnesses among these groups.

Food-borne illnesses also have negative economic impacts, especially in low and middle-income countries.

The World Bank estimates it costs more than USD 15 billion annually to treat these illnesses in these countries. So it's important to have preventive strategies in place.

Food contamination can be prevented through simple measures:

- Washing your hands at key times (before preparing, serving or eating meals; before feeding children, after using the toilet or after disposing of faeces)
- wearing clean, protective clothing during food preparation
- Storing food properly
- Washing raw foods with clean water
- Keeping raw and cooked foods separate
- Using separate utensils for meats and for food meant to be eaten raw.

Good farming practices, such as the use of clean water and application of approved pesticides in recommended amounts, can help prevent food contamination.

Food vendors also need to be trained on food safety, and provided with clean water and proper sanitation.

—By Antonina Mutoro, Postdoctoral Research Scientist (The Conversation)

MIRRORLIGHTS

Vitamin K could protect against diabetes

Canadian researchers have identified how vitamin K helps prevent diabetes, a finding that could lead to new therapeutic applications for a disease that affects one in 11 people worldwide and has no cure.

Several studies have previously suggested a link between a reduced intake of vitamin K and an increased risk of diabetes. However, the biological mechanisms by which vitamin K protects against diabetes remained a mystery until now.

The team from the Universite de Montreal (UdeM) found a potentially protective role of vitamin K and gamma-carboxylation in beta cells.

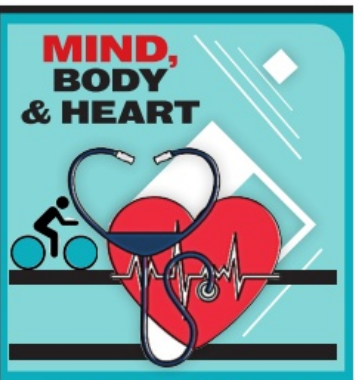
Vitamin K is a micronutrient known for its role in blood clotting, in particular in gamma-carboxylation -- an enzymatic reaction essential to the process.

The studydetermined that the enzymes involved in gamma-carboxylation and therefore in the use of vitamin K were present in large quantities in pancreatic beta cells, the very cells that produce the precious insulin that controls blood sugar levels.

"Diabetes is known to be caused by a reduction in the number of beta cells or by their inability to produce enough insulin, hence our keen interest in this novel finding," said Mathieu Ferron, associate research professor of medicine at UdeM.

"We were able to identify a new gamma-carboxylated protein called ERGP," added Julie Lacombe, who conducted the work in Ferron's laboratory.

"Our study shows that this protein plays an important role in maintaining physiological levels of calcium in beta cells in order to prevent a disturbance of insulin secretion. Finally, we showed that vitamin K through gamma-carboxylation is essential for ERGP to perform its role." —PTI



All problems solved

Dear Coleen

My partner and I have been together for nearly 10 years. We had an affair and left our spouses to be together.
Because of how we got together, things have never been easy with our exes, and his kids and mine still don't accept our relationship.
My dilemma is, my partner's daughter is getting married this summer and she's invited him, but not me. Obviously, his ex will also be there and I'm convinced she'll make a play for him, as she's never moved on.
When I spoke to my partner about how I was feeling, he got quite angry and frustrated.
I know he can't not attend his daughter's wedding, but I hate the fact that I can't be there and I can't stand the thought of them playing happy families while I'm home worrying.

COLEEN SAYS

OK, you might not trust his ex, but you should trust him.
I think your insecurity comes from the fact your relationship started as an affair and somewhere, in the back of your mind, you worry he's capable of cheating on you, too. But has he ever given you any reason to think he'd go back to his ex?
I think this insecurity means you're overreacting, so perhaps what you need to ask him for is a bit of reassurance, rather than giving him a hard time over going to his daughter's wedding, which of course he's not going to miss.
Be more confident in yourself and your relationship.
Once this wedding is over, I'd suggest focusing your attention on trying to find a way forward with your children.
They're clearly carrying a lot of resentment. But the fact is you have been together 10 years now and all your lives will be better if they can come to accept the relationship and be more positive about it – even if they don't like it.

—Coleen Nolan, Daily Mirror

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GIZMO GRUNGE

Kids can't shake off gadget addiction

PAGE 2

PARKING SPOT

No space on roads near eateries, pubs

PAGE 3

Just 300-odd potholes left in the city, says BBMP; experts refuse to believe this number, say Palike needs to do a lot more before monsoon

HOLE TRUTH, ANYTHING BUT THE TRUTH

Road projects given to 'financially sound contractors not technically sound ones'

| Melvin Mathew
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TWEETS @BangaloreMIRROR

As monsoon approaches, Bruhat Bengaluru Mahanagara Palike (BBMP) has proclaimed that the city only has 300-odd potholes now. It also revealed its plans to use cold-mix asphalt to fill the potholes during light showers.

The figures are based on findings of the Fix My Street app launched by BBMP, which says there are only 359 potholes left in the city across all the eight zones. The Palike has fixed 15 potholes in Bommanahalli, 13 in Dasarahalli, 62 in East, 30 in Mahadevapura, 69 in RR Nagar, 66 in South, 51 in West, and 53 in Yelahanka. From January 2023- May 2023, Palike received 1,420 pothole filling requests, out of which, 118 were rejected and 809 were filled. Maximum number of potholes were filled in the East and Yelahanka zone. The BBMP had previously said that all potholes would be filled in a transparent manner using the FMS platform alone.

CONTINUED ON PAGE 9 »

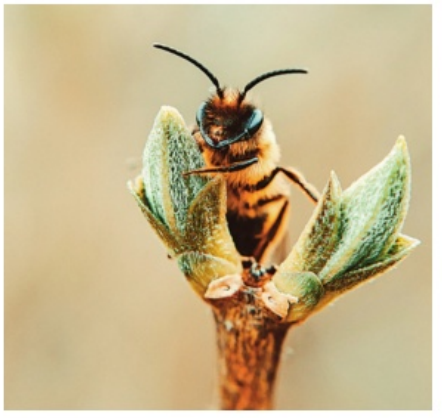
KAUSHIK JN

READY FOR MONSOON?

> **"BBMP waits for 2,000-3,000 potholes to be formed before starting to fill them up. Instead it should consider forward contracting to fill potholes as and when they are formed**
>
> – Ashwin Mahesh, a mobility expert

Not to bee

Pesticides posing threat to bee populations of rural areas of Bengaluru



| Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Agricultural practices in the rural areas of Bengaluru, with their heavy reliance on chemical fertilisers and pesticides, are posing a threat to the bee population.

A recent study conducted by a group of researchers from the University of Gottingen, Germany, in rural Bengaluru (north, south, and west), has noted a drop of nearly 20% in the bee population in the areas with farmlands using chemical fertilisers.

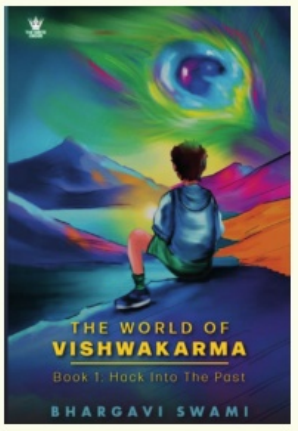
The study was conducted in three areas roughly 40 km into the surrounding rural–urban interface of the city and provides evidence of a negative association between agricultural intensification and bee communities in the area. Moreover, distance to the centre of the city also played a role in determining the number of bee species present. With every additional kilometre distance from the city, the bee richness increases by 2.4%.

According to honey bee conservationists, pesticide application in farming is one of the main reasons behind disappearing bees. "Every pesticide is used to kill one particular type of pest. However, after

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Back in time!



Catch author, entrepreneur, podcaster & content creator, Bhargavi Swami's latest book 'World of Vishwakarma: A Hack Into the Past'. The World of Vishwakarma is India's first-time travel & history adventure series, which blends the concept of time travel & the mysteries of history, showcased through the fun adventures of its protagonist - Vishwakarma (Vish), a teenage boy. Find out how he gets transported back in History accidentally and becomes a part of landmark moments of Indian History, while standing out as a sore thumb with his modern attire, gadgets and language. **Where: Higginbothams, MG Road When: 20th May, 4 pm onwards**

02 Dear Audrey

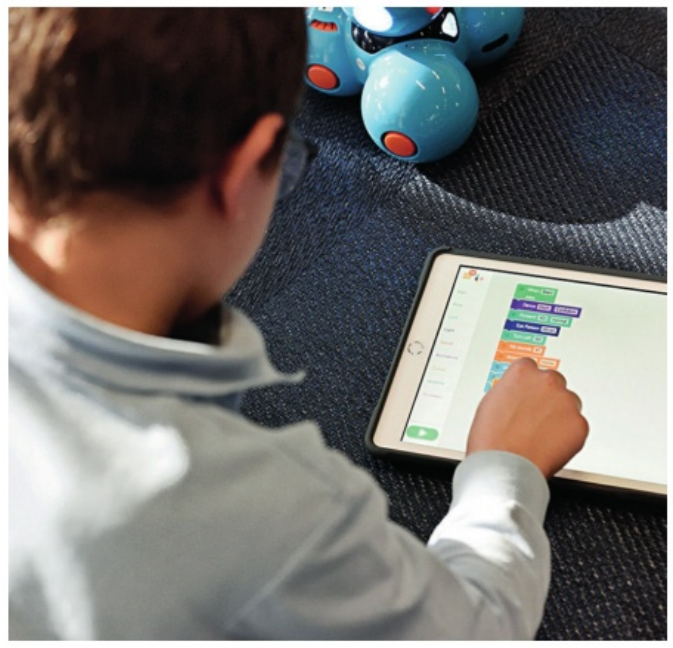
Vikalp Bengaluru in collaboration with Bangalore International Centre presents Dear Audrey. Acclaimed activist-filmmaker Martin Duckworth has devoted his life to peace and justice. But now he's put down his camera to fight for the most important cause he's ever faced—caring for his wife, Audrey Schirmer, through the final stages of Alzheimer's disease. Dear Audrey weaves an intricate portrait of the couple's gritty yet tender reality and takes us back to their adventures using excerpts from Martin's films and Audrey's stunning photography. **Where: BIC; When: May 20, 6:30 pm**

03 Musical times!

EYM Trio feat Varijashree Venugopal to perform at Windmills. EYM Trio is inspired by the genius of historic jazz figures and the rhythmic influences of jazz masters. Due to the intentional diversity in their compositions and improvisations, their music is aesthetically pleasing and inviting. They orchestrate a perfect balance between unconventional rhythms and musical harmony, while playfulness and sensitivity characterize their compositions' subtle yet exciting sound. **Where: Windmills; When: May 26, 27, 9:30pm onwards; Tickets : https://windmills-india.com**

KIDS, DISCONNECTED

Doctors say kids becoming more and more addicted to gizmos and are suffering majorly because of it



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When a 12-year-old boy reached a city-based private hospital with complaints of headache, blurring vision, and involuntary movements of the right hand, the doctors sent the child for neurological evaluation.

After a thorough assessment, it was found that the boy did not require any neurological intervention and was referred to a psychologist instead. Upon taking a detailed history, the psychologist discovered that the boy was suffering from gadget addiction. The addiction had caused functional involuntary movements, headaches, and vision disturbances.

"Gadget addiction, which was a mobile phone in this case, had caused functional involuntary movements, headaches, and vision disturbances. We started the boy on a week-long psychotherapy session, which resulted in a dramatic improvement in his involuntary movements, headache, and other complaints. The boy's handwriting became legible, and he regained his confidence. After a week, all his complaints had resolved completely," said Sumalatha Vasudeva, a psychologist at BGS Gleneagles Global Hospital.

Doctors across multiple city hospitals say they are getting more and more cases of children getting addicted to mobile phones with each passing day. They say the trend started with the pandemic and is more now with the ongoing summer vacation. The children are hooked to these devices and are very unaware of their surroundings.

"We are beyond a doubt witnessing children as young as 18 months onwards getting addicted to gadgets. Daily, I see close to eight cases of children battling gadget addiction. The level of addiction is so bad that a two to three-year-old cannot be away from mobile phones longer than a couple of minutes. I am noticing in the past two years a striking number of young children under the age of 5 who think the pandemic was the normal way of life and think the excessive use of gadgets is normal behaviour," said Dr Raghavendra Kumar K, child and adolescent psychiatry, Rainbow Children's Hospital.

> **"The level of addiction is so bad that a two to three-year-old cannot be away from mobile phones longer than a couple of minutes**
>
> – Dr Raghavendra Kumar K, Rainbow Children's Hospital

Experts say the biggest reason behind this addiction was the pandemic. During that time, many parents, who were working from home, used to give gadgets to their children to attend online classes. This access to gadgets without parental supervision led to children getting sidetracked into exploring them.

Experts say a sure-shot sign of addiction includes children frequently reaching out to gadgets during the day. Moreover, any of their regular activities such as mealtime, play, homework, and family time getting affected because of the gadgets are also signs of addiction.

"Decreased interaction with family members and decreased socialisation with friends, hyperactivity, anxiety, and depression in older kids are signs of addiction. Sometimes nightmares also can be a sign of excessive screen usage of violent content. Older children might be victims of cyberbullying or sexual abuse and need to be strictly monitored," said Dr Gunda Srinivas of Aster RV Hospital.

Psychologists say it is important that parents avoid giving the ownership of gadgets to children and limit their usage. This should be led by example and parents themselves should not overuse their mobile phones or laptops. The lack of parental supervision, unrestricted access to gadgets, and inadequate opportunities for physical activities give an easy way to addiction.

"It is important that the children using the gadgets do so in plain sight of their parents and not on their own in the rooms. Monitoring content and putting child locks on gadgets are important next steps in ensuring the nature of the content the child is being exposed to. Moreover, parents must spend quality time with their kids to lessen their own and the children's dependency on gadgets," added Dr Kumar.

Summer racing season attracts cream

Ikram Khan
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Most star performers on the Indian racing circuit are down at the Bangalore Turf Club (BTC) campus and the summer season will prove to be big draw, railbirds are already working out the many permutations and combinations to start the season on a winning note. Leading trainers Sulaiman Attaollahi and Prasanna Kumar and Mumbai champion Pesi Shroff hold a whiphand in the Bangalore summer classics. Sulaiman under his care has the best performed three-year-old, Elpenor, winner of the prestigious Poonawalla Multi-million, while Pesi Shroff in his yard has a couple of classic hopefuls, Lazarus, Christofle and Jamari, who are ready to make the elite classic list and enter the Hall Of Fame this summer.

The summer season starting on Saturday, May 20, has attracted 165 outstation horses, James McKeown from Chennai topping the list with 27 horses. Calcutta champion Vijay Singh this summer has brought down 17 and Patric Quinn's list of eight includes the classic hopeful Destroyer. The fact that most of the top performers on the circuit are raring to go, it is needless to mention that the summer season will be very competitive and from the punters point of view, winner picking will be tricky. Bangalore Turf Club (BTC) chairman,

> **The total stakes offered this season is 18.4 crore against the 14.41 offered last year**

Shivkumar Kheny proudly announced increase in the stakes this summer.

The total stakes offered this season is 18.4 crore against the 14.41 offered last year. The owners and pros immensely pleased with the decision of the management committee to raise the stakes pointed out that a number of outstation owners have chosen to race pleased with the stakes offered this summer. "The response is good and all the big horses are down here," said a senior trainer.

"The onus was on us to raise the bar. And we did it. The idea is to scale a new high and hopefully we will rope in a few sponsors for all our classic events and the Maharaja's Cup," said Kheny. The added money for the summer Derby scheduled to be held on Sunday, July 16, is one crore with the club promising a total prize money of two crores.

The opening plum, the Racing Patrons Trophy on Saturday has attracted a creditable field of eight runners and the best horse in this campus, Elpenor will compete in the War Hammer Million the next day.

The Board Of Appeal has been reconstituted and S Chockalingam will head the six-member appeal board. Kheny revealed that most pros from other premier racing centres satisfied with the facilities offered by the host club and more importantly the ship-shape condition of the track following timely rains made it clear that the galloping goldmines under their care will make it a summer to remember.

A cyclical journey

Cyclists want lanes back on ORR with metro work nearing end

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TWEETS @BangaloreMirror

With metro construction slowly being completed on the Outer Ring Road (ORR) and the carriageways being restored to its full glory, cyclists and bus users want their dedicated lanes to be restored.

Dr Ashish Verma, Convenor, IISc Sustainable Transportation Lab, said that while the previous bus lane must be restored, there is a need for authorities to focus on expanding the network across the city. "The impact of the bus lane on ORR remains low as only those who have their origin destination on the stretch may find it to be an attractive option. It is a welcome step if the bus lane is brought back but it is not the end of it. Unless we have a network level plan – how to scale it up and connect it with other bus lanes, we will not see a substantial benefit for public transport," he said.

He added that bus lanes are not just a right of way or infrastructure measure. "It is equally an operational measure. Most of the time in Indian cities where bus lanes are introduced, our authorities or urban local bodies tend to see it just as an engineering measure. But there is an equal need for operational intervention – increasing the frequency of buses proportionally, so that the offered capacity is very high, making it attractive," he explained.

Dr Verma noted that he had earlier proposed to introduce a testbed called 'bus priority week'

> **"The impact of the bus lane on ORR remains low as only those who have their origin destination on the stretch may find it to be an attractive option**
>
> –Dr Ashish Verma, Convenor, IISc Sustainable Transportation Lab

to the Directorate of Urban Land Transport (DULT) and the Bangalore Metropolitan Transport Corporation (BMTC), where for one week, on every road with two lanes, one is reserved for buses. Travel in the bus would also be made free during this period, and assessments regarding travel time and passenger load would be calculated later to ascertain the benefits. However, this initiative was not taken up by authorities.

Bicycle Mayor Sathya Sankaran and other cyclists in the city have also consistently lobbied for an increase in the sparse network of cycle lanes in the city while demanding that the existing ones must not be removed but maintained as cyclists are more susceptible to mishaps in moving traffic.

After much lobbying, in 2019, the 'priority bus lane' was introduced between Silk Board and K R Puram, spanning a stretch of 17 km and at the cost of Rs 14.3 crore. However, the Bangalore Metro Rail Corporation Ltd (BMRCL) soon began work on the Outer Ring Road (ORR) leading to the road being narrowed. The municipal body, Bruhat Bengaluru Mahanagara Palike (BBMP), had installed over 25,000 fiber-reinforced bollards which were put in place on either side to reinforce the bus lane. While the BBMP had installed the bollards on the orders of the DULT, it had pushed over the responsibility of removing them to the BMRCL. The pop-up cycle lane on the same stretch saw a similar fate last year and was removed to accommodate works from the Bangalore Water Supply and Sewerage Board (BWSSB) as well as the BMRCL.

Points to note: 2,000's gone

- The Reserve Bank of India to withdraw Rs 2,000 denomination banknotes from circulation
- You can deposit the notes in bank accounts till September 30
- Banks advised to stop issuing Rs 2,000 notes immediately
- Exchange facility for Rs 2,000 bank notes up to Rs 20,000 at a time would be available from May 23
- Rs 2,000 currency notes to continue to be legal tender till September 30.
- Rs 2,000 notes with public can be deposited in bank accounts or exchanged at banks and RBI's 19 regional offices
- Deposits of Rs 2,000 notes into bank accounts can be made without restrictions subject to compliance with extant Know Your Customer (KYC) norms and other requirements
- Exchange of Rs 2,000 notes can be done via banking corespondents for up to Rs 4,000 per day for an account holder

Cops, don't overlook parking menace

Citizens complain about rampant parking violations occurring at various locations in Bengaluru

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TWEETS @BangaloreMIRROR

Ajit went to a popular eatery in Indiranagar at 1 am and found it to be very crowded. He also noticed that several vehicles were parked on footpaths and even on the road, making it difficult to move in the area. This is the case with major pubs, restaurants, clubs, and other eateries in the city, where public roads are being used to park vehicles, sometimes until late at night.

Sneha Nandihal, of I Change Indiranagar, added that this can be seen on 12th Main, 100 Feet Road in Indiranagar, where the white topping is being done right now and there is no space for parking.

"The building owners are supposed to be providing the parking space for vehicles, and because they don't do it, the vehicles are parked on roads and footpaths. There is a popular establishment in Indiranagar called Rameshwaram, where people are not only occupying the footpaths but the road as well. It is because of the greed of the building owners and the non-enforcement of laws by the authorities that roads near eateries are facing traffic congestion," she said.

Citizens added that there seems to be no regulation when it comes to parking violations.

"The traffic police were busy with election duty, so now we will have to start complaining again. We also met MA Saleem in this regard a couple of months ago, but there is no strict enforcement of the laws related to parking violations," she informed.

The same problem is being faced by people living in Koramangala. Arya, a resident who lives near Koramangala 5th Block, said that until 2 in the night, several two-wheelers are parked on the road near clubs, leaving little to no space for movement.

"You should see the streets at night where there are popular clubs in the row, all the bikes are parked on the road, and it is difficult for even autos to move on the road because of the crowd and vehicles. It literally looks like a zombie land at night where people are stuck in traffic," she said.

"I've noticed this on Brigade Road, which is a quite busy stretch filled with pubs, eateries, and shopping outlets. I believe the customers must be encouraged to use public transport if the outlet does not have sufficient parking space. Along with this, they must also urge authorities to come up with alternative spaces for parking, such as multi-floored complexes, which must also be regulated," a resident explained anonymously.

According to the latest police data, as of April 2023, more than 4 lakh cases had been registered in the city for wrong parking, along with 23 thousand cases of footpath parking.

REARVIEW MIRROR

Write to us at mybangaloremirror@timesgroup.com

Karnataka story: Event horizon

Astronomers scouring the skies just found out about the biggest cosmic explosion, and one of the brightest, ever to have been discovered by humans. It occurred about eight billion years ago. The rays of light from the event finally arrived on our planet after all those light years. What a strange thing to have happened and how bizarrely incredible to fathom for us humans.

A star - in fact a supernova - 15 times the size of the sun was sucked into a supermassive blackhole somewhere in the far reaches of the universe a long long time ago.

Perhaps the scale of this cosmic event could only be compared to the Congress' seminal victory in Karnataka when it devoured the incumbent BJP's poll blitzkrieg: surely an instance of democracy rising across the globe after a decade of bleak prospects.

The party's decisive victory is yet to sink in many quarters — what it means, the oft-peddled myths by the pliant press it has busted, the accumulating political trash it has scooped up and thrown into the bin and so on. Smoothly done however. One of the oft-cited aspects in favour of the BJP is the power of money: this inane trope was rubbished too in the Congress' critical May 10 victory. It was often said how futile or ineffective it would be to go against the richest party in the country. What the propagators of this claim forgot was the plain fact: India is one of the poorest countries in the global south.

Of course, the electorate cannot be pushed beyond a point, especially if you are the world's largest. The so-called opinion leaders that buy into this gobbledygook of money-fought election victories were trying to legitimise the idea that democracy too can be bought. Yeah, it could be at times, but not always. In utter penury of a people too - stretched thin by inflation, unemployment and festering hatred - democracy still holds the power to triumph and show the door to the bully. That's what it did in Karnataka.

So why did the narrative of misinformation that was often lauded even by the liberal press fail to deliver for the saffron party? Why did its Machiavellian strategy slip and could not hold forth anymore?

What the so-called dirty tricks department active on social media platforms was peddling seemed to work always in favour of the incumbent in the past nine years: though so many commentators could not decipher how it did, even on the liberal side of the political spectrum, they were almost in awe of the BJP's tacit electioneering in their confusion; they were worried they would be exposed if they said so. It was always a question of conviction, you see.

Fact is there is only so much propagated lies and propaganda can achieve. Perhaps in its obsession with the digital echo chamber and instant messaging platforms such as WhatsApp and so on the saffron party forgot organic human relationships, bonds between peoples and ground realities that the ordinary citizens were facing in the state.

The smoke and mirrors of arrogance, open call for deceit toward fellow humans, subsequent othering of communities — from the hijab row to unnecessary targeting of even comedians performing in Bengaluru, people were so fed up with animosity in the air; these are their brethren they have known and grown up alongside for years. That it went to the extent of the bizarre instance of demonising a neighbouring state is almost surreal. That a film was produced for the purpose which is still being used to fan the flames of communal tension across India is unfortunate.

For the Congress, building a counter narrative for the vice that was being celebrated became a necessity if not an existential crisis. Somehow the Bharat Jodo Yatra resonated with the people as the first ray of hope and relief beyond any political colour when somewhere along the way they felt they were being taken for granted by a party which was hardly interested in their progress, wellbeing or daily affairs.

Of course, the governance question looms large over Karnataka even now - beyond the 40% commission - corruption in all spheres was something the people of Karnataka voted against no doubt. They wanted their marquee city of Bengaluru to prosper and come of age as a truly global and smart metropolis; the incumbent was not delivering on this front; the ruination of the lakes, a cityscape seemingly beyond redemption. And such dissonant rhetoric.

So continues the reclamation of democracy the world over: from Brazil's Lula reining in the wanton excesses of Bolsonaro who was stopped amid his rampage to deplete the Amazon, diminishing grip of Erdogan in Turkey to Thailand overthrowing military might and here where forgetfulness or blatant disregard for history was more than happy to write off a party that helped sow seeds of democracy.

Highest bidder to get the mess. Who's next?

BSWML yet to finalise tender for waste collection and transportation across 243 wards

Melvin Mathew
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PICTURE FOR REPRESENTATION ONLY

BBMP aims to move away from ad hoc service providers and establish a permanent service provider for waste collection

A more organised system of waste collection and transportation is likely to be implemented in the city after the new government comes into power.

The Bengaluru Solid Waste Management Limited (BSWML) had floated a tender for waste collection and transportation across 243 wards. The tender was divided into 89 packages, with an estimated annual cost of Rs 590 crore for a period of five years. The bidding process has been completed, but the BSWML is yet to finalise the tender. The same tender was reissued in January due to receiving only single bids.

A senior BSWML official told Bangalore Mirror, "The evaluation is currently ongoing and will be carried forward.

We are waiting for the establishment of the new government. We have received a good number of bids, and the matter is also in court. We also need to report to the court."

BBMP aims to move away from ad hoc service providers and establish a permanent service provider for waste collection and transportation.

> **"We are waiting for the establishment of the new government. We have received a good number of bids, and the matter is also in court** – BSWML official

The tender also includes a provision stating, "25 per cent of the collected dry waste will be transported to decentralised processing sites as instructed by the authority, and the remaining waste will be taken to a centralised dry waste processing facility or as directed by the authority/ office in charge."

There was significant opposition from civic groups regarding the DWCC portion of the tender. However, BBMP clarified in a statement to BM that the 25 per cent clause for dry waste pertains to removing 75 per cent of the total waste, which consists of low-value waste often discarded.

Nevertheless, solid waste management experts in the city are upset about the implementation delay. "Currently, everything is under a work order or supply order.

There are no established standards or instructions for the contractors. The public is at the mercy of the contractor to receive basic services. It would be a welcome move to select all contractors through a tender process.

Assigning a single contractor responsible for waste collection and transportation in each ward would create accountability and ensure public scrutiny. The contractor should face penalties and be blacklisted for not meeting the set standards," said solid waste management expert Ram Prasad.

20 unsung covid warriors felicitated

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Around 20 people who have worked hard during the Covid pandemic were felicitated on Thursday on the occasion of the 10th Anniversary of International Art of Giving Day. The felicitation event was organised at Seshadripuram College in the city. The people felicitated include pourakarmikas, ambulance drivers, security guards, nurses, and electricians.

The objective of the function was to bring smiles on the faces of unsung heroes who often go unnoticed. Many people rendered service without taking a single day's leave, thus risking their lives during the pandemic.

"I am very happy to receive this honour. I never expected to be felicitated along with others who contributed a lot during the pandemic. I used to take care of a patient during that time. It seems the patient has recommended my name to the organisers of the 10th Anniversary of International Art of Giving. It was nice to attend the felicitation function," said Ranjitha SC, a nurse.

The joy of Ramesh, a pourakarmika who got the job on compassionate grounds, knew no bounds. Ramesh never expected to share the dais along with the other unsung heroes. "It is the first time for me to attend a felicitation function. My father used to work as a pourakarmika. After his demise, the BBMP authorities gave me the job on compassionate grounds. My wife felt so happy after knowing that I was honoured. She prepared kesaribath to celebrate my felicitation. I did not take a single day's leave all these years, especially during the pandemic," he said.

Gowramma, a pourakarmika who also got the job on compassionate grounds after her husband passed away, said that she would be grateful to the residents who recommended her name to the organisers of the function. "I have been working for the last 10 years. I have been working hard to keep the street that is allocated to me for sweeping clean. I did not take any leaves," she said.

Mukhyamantri Chandru, a movie actor-cum-politician, said that he acted in more than 500 Kannada movies, and among them, he played a villain in more than 250]. "I played a villain to tell people that some people with similar characteristics are in society. There are politicians and government employees across the country who create law and order problems in society. I want to appreciate Achyuta Samanta who has been working for the welfare of scheduled tribes," said Chandru at the event.

MV Venkatesh, an IAS officer, emphasised the need for contributing to society. Wooday P Krishna said that ego is the main hurdle for human beings to become somebody in society.

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Mysuru-Kodagu highway in the spotlight

Infrastructure development on Mysuru Road to get a boost with Mysuru highway being extended

With Mysuru turning into a 10-lane road (six-lane expressway and two-lane service road on either side), the focus has shifted to Srirangapatna-Kodagu highway. This extension would mean that the Mysuru highway will have an extension till Kodagu district. Realtors say that this will be a big boon for the infrastructure development on Mysuru road.

"Earlier, reaching Mysuru was a challenge. However, now it is a breeze as one can travel between the two cities in less than two hours. As a result, many are buying plots in and around Mysuru road so that they can easily travel between the two cities by avoiding the city traffic. Now, it is good news that the highway till Kodagu will be expanded and this would mean a reduction in travel time till Madikeri," said Sudharshan K, a realtor. The new project will take off from Srirangapatna with a mix of Greenfield and Brownfield upgradation till Kushalnagar.

Meanwhile, North West Bengaluru is emerging as a secondary business district. According to a recent study by Meraqi Research suggests that lower occupancy, accessibility, connectivity and future development opportunity is driving the growth of commercial real estate in North West Bengaluru which includes areas of Malleswaram, Rajajinagar, and Peenya. With large corporates across industry verticals including automotive, Pharmaceutical, aviation, electronics, IT/ITeS etc. setting up offices in this micro-location,

North West Bengaluru is fast growing as an emerging business district. Strong physical infrastructure, proximity to the central business district, demand for A Grade office spaces and a good residential catchment of around 27,000 units have been some of the key contributors to this growth.

"We undertook this study to assess the commercial growth

"The Namma Metro purple line extension is expected to be completed by 2023 & will improve the prospects of the commercial real estate sector

of the North-West Bengaluru region. In our endeavor to lead the way in research, we decided to bring in a perspective as to why this would be an ideal location for a lucrative investment. We have provided deep insights into the ecosystem of North-West Bengaluru and highlighted the demand supply analysis, capital value, rental appreciation, growth prospects, livability, and future employment opportunities. In sync with the data, the micro-market will soon emerge as a secondary commercial business district," said Ezhilarasi (Geetha), Head Advisory and Valuation, Meraqi.

Metro rail connectivity, express way, wide roads, good drainage, lack of water logging and connectivity to various business districts are prime reasons for growth of commercial real estate in the region.

The proposed Bangalore-Mumbai Industrial Corridor, which will pass through North-West Bengaluru, will increase the growth of commercial real estate with an expected employment opportunity of around 23 million by 2041.

The Namma Metro purple line extension expected to be completed by 2023 will further the prospects of the commercial real estate sector in the region. North-West Bengaluru is emerging as a preferred micro market for commercial real estate with several integrated projects being developed.

The area currently provides employment to around 5,50,000 workers with the potential to create an additional 45,000 jobs by 2025, the report added.

– Prakash VL

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Get your home summer-ready

The season has changed! The cooling breeze has now made way for scorching heat with days only getting warmer.

Ankit Ojha and Anand Ojha, principal designers of Anand Atelier Associate highlight, "Summer is the most colourful and brightest season of all; it lets us bring the outdoors inside by brightening the look of our home with some creative and bold decor ideas. The season is all about vibrant colours, patterns, textures, plants, flowers, refreshing vibes, and joyful memories."

So, here are some of the tips and tricks shared by our experts, which can get your space set for the summer season.

Sapna Aggarwal, creative director at ANSA Architecture and Interiors elaborates on what's in vogue:

Vibrant and bold colours: Bright and vivacious colours such as coral, vibrant green and sunny yellow will dominate the colour scheme this season as they instantly uplift the mood of a space, creating a playful and joyful atmosphere.

Mix and match: By combining different designs and textures, you can create a whimsical and eccentric look. This year, designers will continue to layer numerous patterns and textures to create a unique and customised appearance.

Minimalism: Quality will get preference over quantity. The minimalist design aesthetic, which focuses on simplicity and decluttering will be the centre of design today. We can also expect to see more functional, useful designs with clean lines and minimal decoration.

Adding textures: Adding textures to a room can make it cosier and more inviting. A house will instantly feel luxurious and unique, thanks to this significant summer décor trend. Velvet, linen, and leather are just a few examples of textured materials that we can expect to see used more.

Fabric: Floral cushions help accessorise the space better. Blending colours and prints is the easiest way to bring a light and breezy vibe to the space. Moreover, patterns add a sense of depth and element to your space.

Times Property

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Don't let them buzz off

CONTINUED FROM PAGE 1

application, it ends up killing hundreds of other insect species, including bees. Pesticides contain inert ingredients such as nicotinamide, which impacts bees' nervous system and thus normal transmission of nerve impulses. The chemical harms the foraging bees making them incapable to return to their nests," said Apoorva BV, a honeybee conservationist, and a beekeeper by profession.

However, apiculturists say it is not just the pesticides that are killing the bees and other pollinators.

Habitat loss

Agricultural intensification had also led to the loss of habitat, causing a reduction in the bee population.

"Cavity-nesting bees require cavities, termite mounds, tree trunks, fallen trees, etc. to form their nests. However, new agricultural practices include removing trees as a lot of space is needed to grow food crops. This loss of trees is leading to the loss of nesting habitats. Naturally, the colonies present in multiple micro-ecosystems won't exist and thus the number of colonies has gone down, impacting the population," said a city-based apiculturist.

Experts opine that while changing agricultural practices can be a tricky business, farmers should look at innovative and environmental-friendly ways of controlling pests. They suggest organic pesticides and bio-control methods.

"It is time that we look at alternate ways to control pests on farmlands. For instance, in Israel, farmers use wasps to control pests. They release the wasps, which are either only males or only females, in their farmlands. The wasps kill the pests and die without multiplying. However, the Indian agricultural scene is different as it is highly unorganised and fragmented. Nonetheless, we should look at implementing biocontrol and integrated pest control systems by organising farmers and their farmlands," added Apoorva.

The study titled 'Effects of local farm management on wild bees through temporal and spatial spillovers: evidence from Southern India' was published in the journal Landscape Ecology. Coincidentally May 20 is celebrated as World Bee Day to acknowledge the importance of bees and other pollinators to the ecosystem.

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I, PRIYANKA SHIVARAMAN, D/o Shivaraman Vishwanathan R/at Flat No.1020, F Block, MJ Lifestyle Amadeus, Rayasandra, Chikkanagamangala, Bengaluru- 560099, have changed my name to NAVYASHREE SHIVARAMAN vide affidavit dated: 15/5/2023 Before Notary K.V.Mani Bangalore.

I, SHUAIB MUSHTAQ S/o Mushtaq Wahid residing at Al-Wahid-Manor, No.19/11, 1st Cross, 1st Main, Jayamahal Extension, Bangalore-560046 have changed our minor son's name from MUHAMMAD ZAHRAN SHUAIB to MUHAMMAD IZAAN SHUAIB vide affidavit dated 19.11.2022 sworn before notary L. Gopalakrishna, Bangalore.

I, VENKATESH. N, S/o. Sri. Srinivas Rao Residing at Muddapur Camp, Sindanur Taluk, Raichur Dist - 584128 Have changed My name to VENKATESH NUTAKKI vide affidavit dated 19/05/2023 sworn before Notary Jayalingayya Mudenoormath Bangalore

I Ramamani W/O Garudachar.S R/o #4198,sri Nilaya, 49th,Kumarswamy Layout 2nd Stage, Bangalore - 560078 have corrected my husband's name Santhi Grama Garudachar as per military records for all purposes.

I MEKHALA D/o, Harish S V, R/o Vasons Kuteera, Ashoka road, Vasava temple street, Sakaleshpura, Hassan Dist 573134, Karnataka.have changed my name to MEKHALA HARISH VASONS, for all purposes.

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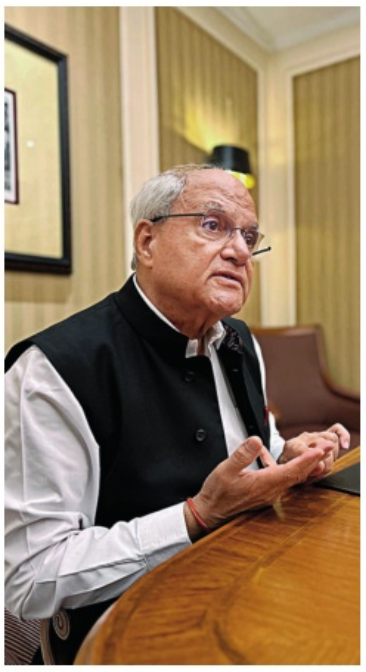

What is next big thing?

HCL founder Dr Ajai Chowdhary talks about startup scenes in B'luru, more

Dr Ajai Chowdhary, one of the founding members of HCL who played a vital role in shaping the electronics industry in India, raised some pertinent points and talked about his newly launched book on Friday. He said that he wants to help the Karnataka government in making the state a product-friendly industry.

"When covid happened, we realised the importance of semiconductors. More than 250 industries were affected. We have terrific electronic manufacturing and design in India. The government buys a lot of products, and we are creating jobs here. It's important for large countries like India to have product companies. We have allowed China to come in without duties, which is a big issue," he said.

He pointed out that Bengaluru is the centre for startups in the country. Speaking on the stature of start-ups back then, when he founded the company, he said that there were no angels or venture capitalists (VCs). "Six of us decided to leave DCM and start HCL, which was a startup back in those days. We designed computers from the start, when there were only 100 computers in India. HCL was competing with the big houses like Sarabhai, ICL, and others," he added.

So much has been written about software and very little about hardware. HCL started with hardware and ventured into software, he informed.

Furthermore, he talked about how he grew up in a small town and the need for the right environment.

"If you have aspiration, you can succeed. If you go to any small town, they will want an Apple or Samsung phone. It's all about aspiration. When I went to Michigan University to study, I learned a lot. India's greatest strength is entrepreneurship. There are so many startups. I feel the Indian mind is its biggest asset. We have an amazing brain, and the Indian mind is far superior. The main thing we need is the environment," he explained.

He believes that start-ups are the next big part of his journey. He has funded a company in Hyderabad that launched two satellites in November. He said that drones and space are very big sectors. "Something important happened: the government banned Chinese drones. India should design its own drones and components. Every component is imported from China," he asserted.

He has also set up a foundation called EPIC to help make India a product nation. The aim was to get a product designed in India, which is very different. Most of the phone's parts are fixed, and for minor battery problems, one has to approach the service centre. The foundation is building a design that will be repairable and upgradeable.

He talked about his new book, Just Aspire. The book deals with his dreams and the three revolutions that transformed India: the PC revolution, mobile telephony, and systems integration.

—Abhijeet Kabad

CHANGE OF NAME

I, KHAMRUNISSA, R/at No.685, 5th Cross, 5th Block, HBR Layout, Bangalore- 560043, have changed my name to KHAMRUNISSA SHAIK vide affidavit dated: 12/01/2023 Before Notary V.Rajashekhara Bangalore.

I Divya S/o Brij Mohan Yadav R/o Vaishnavi Oasis Flat No B602 No 93 Block B9 Avalahalli Jp Nagar 9th Phase Bangalore-560062 have changed my name to Divya Yadav for all future Purposes

I Muralidhara S/O, K C Ananda Murthy R/o A-100/2 Kpwd Quarters 1st Cross, Jeevanbheemanagar Main Road, Bangalore 560075 have changed my name to Muralidhara A

I Padma Vinayak Shetty W/O, Vinayak Shetty R/o C-201, Durga Petals, Outer Ring Road, Doddanekundi, Bangalore 560037 have changed my name to Padma Shetty

I Vinayak Pratap Shetty S/O, Pratap Shetty R/o C-201, Durga Petals, Outer Ring Road, Doddanekundi, Bengaluru 560037 have changed my name to Vinayak Shetty

I Poonam Ashok Khilnani D/O, Ashok Khilnani R/o No 42 3 Rd Cross 4th Block Kumarapark West Bangalore -560020 have changed my name to Geetha Talreja for all purposes.

I, Godhuli das Mohapatra,d/o Ramnarayan dasmohapatra, R/o-39,Bajitpur, Baleshwar, odisha-756085 have changed my name to Nikita das Mohapatra for all purpose.

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(Art, Craft, Handloom & Lifestyle Exhibition)
Date:
19th May 2023 to 28th May 2023
Timings: 11:00 AM to 7:00 PM
(10 Days Exhibition)
Art & Craft | Handicraft | Clothings
Fashion Accessories | Home Decor & More
Venue:
Karnataka Chitrakala Parishath,
Kumara Krupa Road, Bengaluru
Contact :
6364685716 /
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100+ Shopping Stalls | Live Performance | 10 Days Exhibition | Free Entry

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SUNDAY JUNE 4TH 2023 → SRI KRISHNA WELLNESS YOGA CENTRE, "SRINIVASAM", NO.20, 9TH CROSS, 6TH MAIN, MALLESHWARAM, BENGALURU, KARNATAKA 560003

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No crater irony: Smooth roads

CONTINUED FROM PAGE 1

With fewer potholes showing as per BBMP data, the Palike is also confident about dealing with potholes this monsoon. "The number of potholes in the city are not high. We have already filled potholes in 1,800 km in the city. The Palike is well-prepared to meet the monsoon-related requirements. We have four contractors to prepare hot mix and they will supply it for filling up potholes. We have also procured cold-mix to fill potholes during monsoon. We have also constructed sheds to protect the aggregates from getting wet. However, the situation will depend on the intensity of the rain," said a senior BBMP official.

However, citizens and activists find this hard to believe. "Such a statement by BBMP can easily be refuted as everyone knows it's not true. There is no accountability of the BBMP if it makes such statements. Palike should be under scrutiny for making such statements," said Ashwin Mahesh, a mobility expert.

Mahesh added that potholes problem in the city is never-ending as the Palike waits for more potholes to be formed in an area to commence filling. "BBMP waits for 2,000-3,000 potholes to be formed before starting to fill them up. Instead it should consider forward contracting to fill potholes as and when they are formed. Cost of filling a single pothole is fixed and the amount is deducted. In 2010, BBMP had a similar contract and that was rescinded with the formation of the new council," he added.

Experts in civil engineering say that the problem also lies in lack of professionalism in BBMP in terms of recruiting engineers. "The problem persists due to lack of professionalism in the BBMP. While the task of monitoring the construction of these roads should be overlooked by civil engineers, many engineer posts are being filled by mechanical and electrical engineers. Without technical knowledge, the key engineering aspects are being ignored while constructing roads," said Chairman of Association of Consulting Civil Engineers (Bengaluru chapter), Srikanth Channal.

Channal noted in the tender, the financial criteria is given more weight age than technical criteria. "Efforts are made within the tender process to promote financially sound contractors rather than have their technical qualifications in scrutiny. There should also be separate provision to accept bids in person to avoid technical issues," he added.

Channal further added that as per Indian Road Congress, a standard pothole is 1.5ftX1.5ftX 3 inch."If the size increases, it is considered as two potholes. Cost of filling a single pothole is not based on the size."

On the water logging issue that often causes potholes, Channal added that camber or cross slope is missing in road construction. "To avoid water logging, roads should be constructed with a slightly raised level towards the centre to ensure water flows to the drains. The technical name for this kind of engineering is camber. Additionally, the drains should be constructed to ensure self-cleaning velocity. Inlets of the drains should be constructed based on water quantity on the roads. The footpaths too lack structural integrity and collapse and block the drains," he said.

I solemnly pledge...

POLL VAULT

Siddaramaiah is to be sworn in as Chief Minister; first Cabinet to meet today

Bangalore Mirror Bureau
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KAUSHIK JN

Sree Kanteerava Stadium decked up for the swearing-in ceremony

The stage is set for Siddaramaiah to become the CM for the second time and DK Shivakumar to become the Deputy CM for the first time at Kanteerava Stadium today. As the Congress party wanted to convert the oath-taking ceremony into a 'thanksgiving programme,' a large gathering was expected. Many leaders from allied parties are also expected to take part, along with senior Congress leaders.

On Friday, Siddaramaiah and Shivakumar visited Delhi to discuss with the party's high command the names of ministers to be inducted into the new cabinet and the allocation of portfolios. Around 15 to 20 cabinet ministers are also expected to take part, and both Siddaramaiah and DKS are trying hard to get cabinet portfolios for their loyalists. The first challenge that Siddaramaiah is expected to face is putting in place a Cabinet with the right combinations that will strike a balance between having representatives from all communities, regions, factions, and also from among the old and new generation of legislators. With the sanctioned strength of the Karnataka Cabinet at 34, there are too many aspirants for ministerial berths.

Will guarantee come with riders?

Besides the oath-taking, today will also witness the first cabinet meeting of Siddaramaiah, where they will announce the guarantee schemes announced by the Congress party. So far, the Congress leaders have announced the guarantees, though there is no clue yet as to what the conditions will be. These guarantees are: 200 units of free power to all households (Gruha Jyoti); Rs 2,000 monthly assistance to the woman head of every family (Gruha Lakshmi); 10 kg of rice free to every member of a BPL household (Anna Bhagya); Rs 3,000 every month for unemployed graduates and Rs 1,500 for unemployed diploma holders (both in the age group of 18–25) for two years (YuvaNidhi); and free travel for women in public transport buses (Shakti).

Key Congress leaders said earlier this week that the implementation of the five 'guarantees' may cost the state exchequer an estimated Rs 50,000 crore annually. Leaders of the BJP and JD(S) have also said they are watching keenly to see if the Congress will honour its promises fully. According to some Congress leaders, the Gruha Jyothi, Yuva Nidhi, and Shakti schemes are likely to be restricted to BPL families. A senior bureaucrat said these schemes, if implemented in their actual form without any conditions, will "stress" the state's economy. "Even if conditions are applied, it will burden the state economy," he added.

CET takers asked to reach early

DyCM designate DK Shivakumar said, "We have already instructed education department officials to take precautionary steps. If any student is writing CET in the vicinity of Kanteerava Stadium, then we appeal to the parents and students to reach the venue earlier, and hopefully there won't be any crowd by then. For the benefit of the students taking the second session, we have requested that the institutes provide food and other facilities for students. By the time the CET second session gets over, the programmes at Kanteerava Stadium will also be over, and I hope that there won't be any trouble for students."

Special Commissioner (Traffic) MA Saleem said, "Today, more than a lakh people are expected to be in Kanteerava Stadium, and this may result in traffic congestion. Hence, we appeal to the students to be at their venue to avoid traffic jams.

"As a precautionary measure, the police have imposed Section 144 within a radius of 200 metres from CET centres. Around 2.6 lakh students will be writing CET at 522 centres, including 122 in Bengaluru."

According to a press note issued by the traffic police, students attending the CET examination today near Kanteerava Stadium are advised to reach their examination centres before 8:30 am. Students appearing for the CET afternoon paper at St Joseph's Indian PU College, Mallya Hospital Road, are advised to come to St Mark's Road and Vittal Mallya Road and enter the college in front of UB City.

Several traffic restrictions have been imposed in Bengaluru today in view of the swearing-in ceremony

Traffic restrictions in the city

Several traffic restrictions have been imposed for today in view of the swearing-in ceremony. According to the police, all types of vehicles are prohibited from Queens Circle towards Siddalingaiah Circle. Road users can take a left or right turn at Queen's Circle and move towards Lavelle Road or Queen's Road. Vehicles moving from Balekundri Circle towards Queen's Circle will be diverted towards Police Thimmaiah Circle at Patta Junction.

GALLERIA
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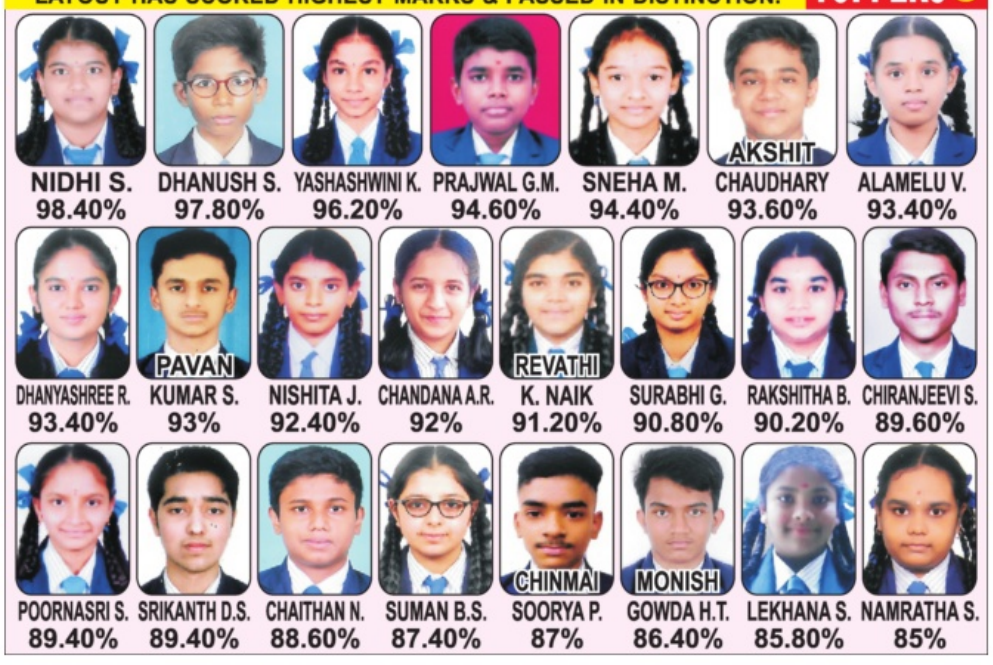
St. FLOWERS ENGLISH SCHOOL
STUDENTS OF St. FLOWERS ENGLISH SCHOOL LOCATED IN CHANDRA LAYOUT HAS SCORED HIGHEST MARKS & PASSED IN DISTINCTION.
ICSE TOPPERS 2023



KAUSHIK JN

The big day has finally arrived

Preparations soared in Bengaluru's Sree Kanteerava Stadium on Friday; the seats were decorated; a man trimming plants in view of the oath-taking ceremony to be held today

Shannon in Ukrainian designers' outfit

Shannon K, the daughter of veteran playback singer Kumar Sanu, made her Cannes debut attending the premiere of 'Indiana Jones & The Dial Of Destiny'

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Entertainment Industry Promotion

PERFECTLY UNDERSTOOD

Rasmika Mandanna reacts to Aishwarya Rajesh's statement

Actor Rashmika Mandanna has finally responded to Aishwarya Rajesh's statement on her character Srivalli from 'Pushpa: The Rise' and said that she perfectly understood what Aishwarya meant to say in her comment. Aishwarya recently was criticised for her comment on Rashmika's character. The Tamil actor however released a statement making clarification on her words.

She said she never meant she would be better suited for the role of Srivalli and her statement was 'misconstrued' and being reported differently. In her statement, she wrote, "Talking about work, I was asked in a recent interview on the kind of roles I want to do in Telugu cinema. I replied that I like the Telugu film industry a lot and that I would do Telugu films if I got roles that were to my liking. To cite an example, I said I liked the character of Srivalli in Pushpa a lot as I felt such characters would suit me." The 'Farhana' actor added, "However, unfortunately, my statement seems to have been misconstrued and is being reported in such a fashion so as to give the impression that I was disparaging the fantastic work of actress Rashmika in the film."

Now, Rashmika has given her best wishes for her film. She tweeted, "Hi love.. just came across this.. the thing is - I perfectly understood what you meant and I wish there were no reasons for us to explain ourselves and as you know I only and only have love and respect for you.. and once again all the bestest for your film love .. "

—ANI

Sean Penn calls Hollywood producers 'bankers guild'

Sean Penn is standing in solidarity with the Writers Guild of America (WGA), whose members are now on strike to fight for better wages and work conditions in the streaming era, reports 'Variety'. "The industry has been upending, namely the writers and the actors and directors, for a very, very long time," Penn said during Friday's press conference at Cannes for his latest movie 'Black Flies', which debuted in competition at the film festival.

"My full support is with the writers guild. There are a lot of new concepts that are being tossed about, including the use of AI. And it just strikes me as human obscenity that there's been pushback [from the studios] on that," the actor said, according to 'Variety'.

Penn also slammed producers as a "bankers guild" and added, naming the wrong organisation, that "the first thing we should do in these conversations is change [name of] the Producers Guild and title them how they behave, which is the bankers guild. It's difficult for so many writers and people who cannot work."

—IANS

Naturally pretty

Don't we just love the impromptu pictures on Katrina Kaif's Insta account taken in natural light, settings and with no make-up or airs of a photoshoot?

Watch this story come alive by pointing your phone camera at the QR code

On the rustic side

Sreemantha

3.0 RATING ★★★☆☆

- **DIRECTOR** Hassan Ramesh
- **ACTORS** Sonu Sood, Kranti Revana Siddappa, Vaishnavi Menon, Vaishnavai Patwardhan, Sadhu
- **Duration** 179 minutes
- **Certification** U/A

The movie begins with a voiceover of Sudeep explaining the importance of farmers and their lifestyle. The very next scene shows how most youngsters of a village are preparing to go to Bengaluru for livelihood as it has become difficult for them due to a severe drought for seven years. Krishna (Kranti Revana Siddappa), the son of Shanthamma, also decides to go to Bengaluru but his mother stops him.

Krishna then falls in love with Padma (Vaishnavi Menon), the daughter of the village chief (Charan Raj). When the villagers decide to celebrate a festival to thank the village deity, they engage a drama director to teach them the nuances of acting. A priest tells Padma that she has to struggle a lot to get together with her lover. He advises her to perform a special pooja at another village. Ruchi (Vaishnavi Patwardhan) arrives at the village to act in the play and starts getting close to Krishna. What happens to Padma and Kranthi's relationship is what Sreemanth is all about.

Director Hassan Raghu does a good job in transporting the audiences to another world. Music by Hamsalekha adds value and the songs are melodious. But the movie is a tad too long. The director could have easily trimmed 20 to 30 minutes of the film to avoid the feeling of it dragging on.

Both the leading ladies look good and have acted well, but Kranti looks stoic in most of the scenes. He has to go a long way to establish himself as an actor. He plays a farmer but he is always seen busy in several activities other than agriculture. Sadhu Kokila's performance serves no purpose in this movie that is already overcrowded with artistes. Raju Talikota, who plays a harmonium player, has nothing to do except yelling at others. Ramesh Bhat, Charan Raj, Ravi Shankar Gowda provide good support. Kalyani has done an excellent job. Her performance and dialogue delivery are good.

Bollywood actor Sonu Sood is in a cameo role. He shares the screen for 20 minutes with other actors.

It is worth a watch for its songs and to understand the lives of farmers.

—Y Maheswara Reddy

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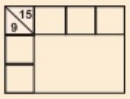
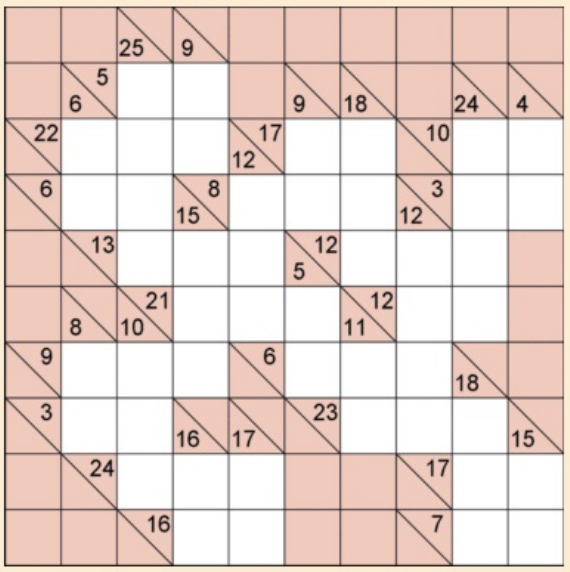
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

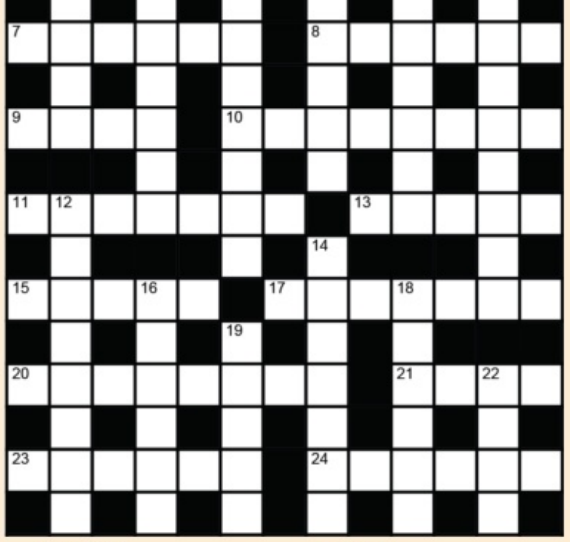


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 ___ on : inciting or urging; goading (6)
8 Capital of Texas (6)
9 Young deer (4)
10 Unequal (contest) (3-5)
11 Relish (7)
13 Phlegmatic; unmoved (5)
15 A steamed dosa (5)
17 Helps or does a favour to (7)
20 Inflammation of nerve or nerves (8)
21 Most unpleasant (4)
23 Sell (6)
24 Conceit (6)

DOWN

1 City in UP (4)
2 Small seal (6)
3 Nickname (7)
4 Breathing sounds (5)
5 Help (6)
6 Birth to death (8)
12 Took place (8)
14 Using insulting language; reviling (7)
16 Antenna (6)
18 Innovate (6)
19 Distinctive manner (5)
22 Musical instrument (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: W EQUALS D

M IRD DBMA XRQWPGPW QODPG - LRQ M WRL'D ZLRQ QBOD DR OWW.

Linemaro

I'll follow you and make a heaven out of hell, and I'll die by your hand which I love so well

Mindchow

Anything worth doing is worth doing slowly

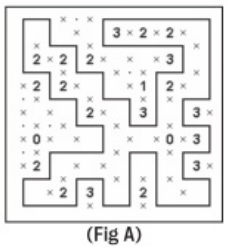
Joke of the day

One woman to another: I try to keep my husband out of the kitchen. The last time he cooked, he burned the salad

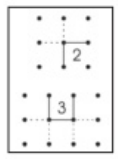
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

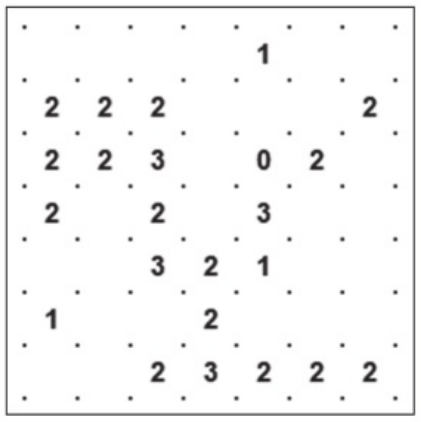


(Fig B) Not Allowed

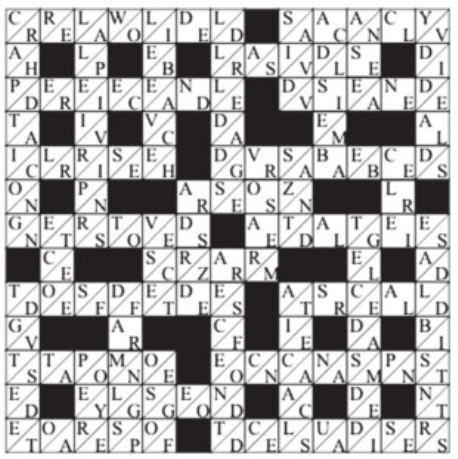
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6	V			
7				
8				
9				

ACROSS

1 Acids; 6 Envoi; 7 Atone; 8 Timer; 9 Bolts

DOWN

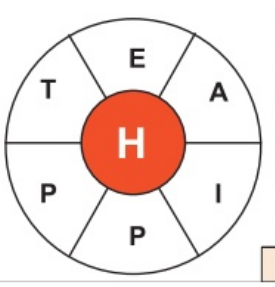
1 Combo; 2 I lava; 3 Id Tot; 4 Inter; 5 Sense

Mensapuzzle

Which number is the odd one out?

159
248
963
357
951
852

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; **05** Good; **06** Outstanding

SudokuChallenge

				7	8			
			9			1	8	
	1		5				2	3
	8	9						6
3	6						4	1
2						5	3	
4	3				5		6	
	9	8			4			
			3	1				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 14

4 4 6 6

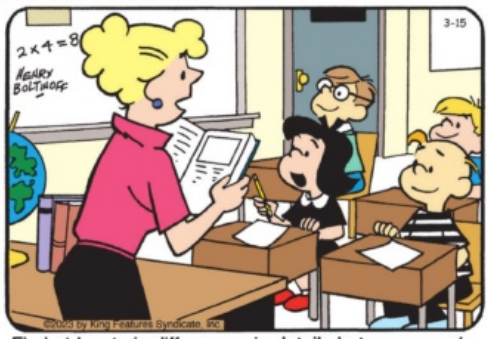
Medium = 2

2 4 4 8

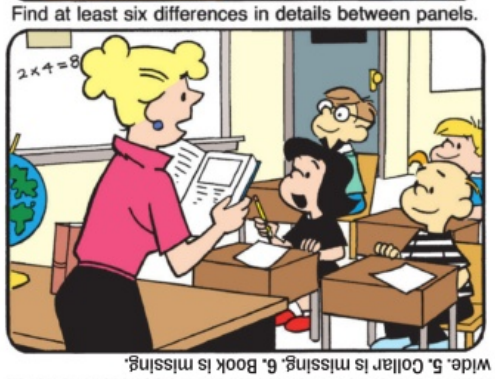
Hard = 12

2 3 4 3

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Paper on desk is moved. 2. Teacher's hair is different. 3. Doorknob is moved. 4. Blackboard is not as wide. 5. Collar is missing. 6. Book is missing.

Riddler

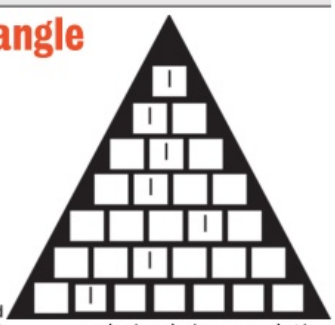
Fill in the answers to the clues by using all the syllables. The number to be used is in parentheses.

AD AR ECH ISH IST MON O SUG TLE TUR TYP

1. Sweetener (2)
2. Keyboard user (2)
3. Sound reflection (2)
4. Tortoise's kin (2)
5. Chide (3)

Alpha triangle

1 Pronoun
2 Not out
3 Metallic element
4 Fork part
5 Pint container
6 Pretended blows
7 Suitability

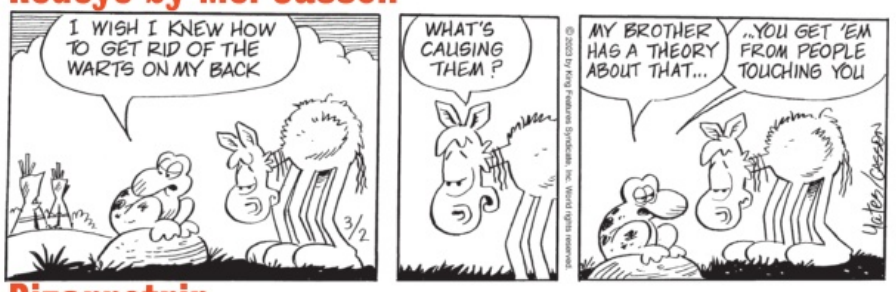


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson


I WISH I KNEW HOW TO GET RID OF THE WARTS ON MY BACK
WHAT'S CAUSING THEM ?
MY BROTHER HAS A THEORY ABOUT THAT...
..YOU GET 'EM FROM PEOPLE TOUCHING YOU
Yates Casson

Bizarrotrip

Wayno & Piraro 3·13·23
I've searched the universe for a place to buy classic button-fly jeans.
AREA 501
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Diamond Lil

And now, a message from the National Council on Cannibalism:
BITE ME
This has been a message from the National Council on Cannibalism.
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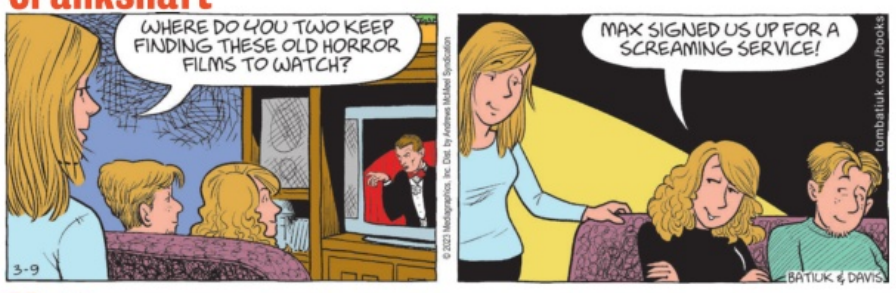
Beatkart

Hart of the city

Crankshaft


WHERE DO YOU TWO KEEP FINDING THESE OLD HORROR FILMS TO WATCH?
MAX SIGNED US UP FOR A SCREAMING SERVICE!
tombatiuk.com/books
BATIUK & DAVIS
3-9

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull. It is advised to keep your mind cool. The golden rule for you is to think twice before any act. You may travel to recover your money; otherwise, you may lose it. You are also advised to avoid going on an adventure tour. Students are advised to go for in-depth study to achieve success.

Taurus Apr 21 – May 20
Today, you may be satisfied at work. You may plan a short work-related trip. You may also visit some of your relatives. Disputes with siblings may likely be resolved. Your gurus may show you the right path, which may give you clarity regarding your goals.

Gemini May 21 – Jun 21
Today, you may be busy with domestic issues. You may spend money buying some artefacts or household items. You are advised to control spending on worthless stuff, as it may attract negative energy into the house. You are also advised to control your harsh speaking with the people around you.

Cancer Jun 22 – July 23
Today, you may feel good as domestic harmony may make you happy. You may meet some influential people to get some benefits in the work front. You may likely perform well in your job and expect some rewards in terms of promotions. Disputes over inherited property may likely settle down.

Leo Jul 24 – Aug 23
Today, you may feel dull. You may be a victim of sleeplessness due to anxiety. It is advised to meditate. You may also spend money to show off in society, which may affect your savings. You are advised to avoid rash driving and adventure tours.

Virgo Aug 24 – Sep 23
Today, you are blessed by a positive moon. Your losses may likely convert into profits. You may be in a winning position in legal proceedings. Couples expecting a child may hear good news. Parents' health is also under control.

Libra Sep 24 – Oct 22
Today, you may help needy people around you, which may increase your reputation in society. New ideas may come into your mind, and you may likely implement innovation into your work, which may increase your business. Lovebirds may plan an outing or an adventure tour.

Scorpio Oct 23 – Nov 22
Today, your spiritual power may make you happy. You are happy with your positive thinking, which gives you confidence. You are inclined towards spiritualism today and may plan to visit some religious places. You may also take an interest in occult sciences. You are likely to observe flawlessness in your nature. It is advised to keep your views to yourself and discuss them only with those who understand your feelings.

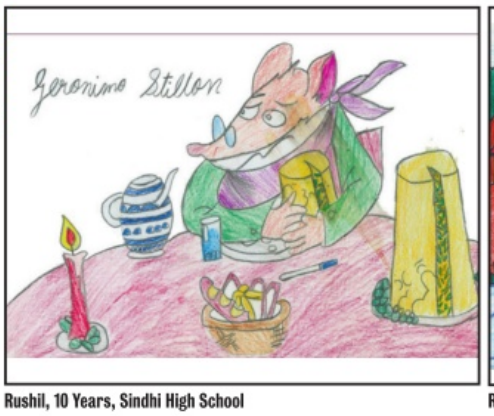
Sagittarius Nov 23 – Dec 22
Today, you may feel nervous and have a lack of patience. To seek peace, you may be attracted to the occult. It is advised to follow your intuition before making any important decisions. You may also gain in-depth knowledge in a subject or have a good focus on your research.

Capricorn Dec 23 – Jan 20
Today, your moon is placed in a good position, and you may expect some positive momentum in your professional and domestic life. There are likely to be gains in terms of your investments. You may receive reciprocation of your help from your friends and relatives. Your hard work may pay off in terms of success.

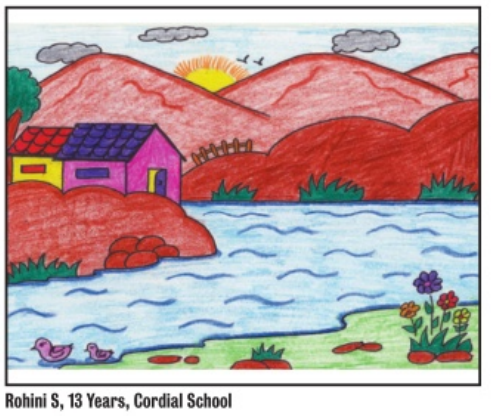
Aquarius Jan 21 – Feb 19
Today, you may find yourself in a state of self-analysis, which will bring confidence to you. Your focus on your goals is now clear, and you may succeed in achieving them. Your creativity might improve, and you will take an interest in artifacts, movies, glamour, and real-life objects. At the end of the day, you may be satisfied with your life, and your opponents may be under control now.

Pisces Feb 20 – Mar 20
Today, your mother's health may be good. You may enjoy your work and receive rewards for your hard work. Your social respect may increase now. Overworking your mind may make you tired, and due to workload, you may not be able to attend a family event.

KIDZONE



Rushil, 10 Years, Sindhi High School


Rohini S, 13 Years, Cordial School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
√(8/2)/(4/1)) = √(4/4)= √1 = 1

BULL'S EYE
EPITAPH, hate, heap, heat, path, pith

STRIKE OUT

C	R	A	W	L	E	D	S	C	A	L	V
A	L	E		R	A	I	L	S		I
P	R	E	G	E	D	E	D	I	A	N	E
T		V		C		D		M			L
I	R	I	S	H		G	R	A	B	E	D
O		N		A	E	O	N			R	
N	E	S	T	E	D		A	D	A	G	E	S
	C		C	Z	A	R		L		A
T	O	F	F	E	S		T	R	E	A	D
V		A		C		I		A		I
S	T	O	N	E		E	N	C	A	M	P	S
E		E	G	G	O	N		A		E		T
T	O	R	S	O		D	E	L	U	D	E	S

QUOTE UNCODE
I got this powdered water – now I don't know what to add.

C	A	D	I	S
O	V	I	N	E
O	A	T	E	N
M	I	T	R	E
B	L	O	T	S

FAST FIVE

QUICK

	D		L		E		E		T		E	
R		E		T		A		I		L		
	N		I		Y		I		E		U	
N		E	U	R		I		T		S		V	I	L	E
		P		E		S		U			N				
A	P	P	A	M		O	B	L	I	G	E	S			
		A		N				M							
C	H	U	T	N	E	Y		S	T	O	I	C			
		A										R			
F	A	M	N		O	N	E	S	I	D	E	D			
		E		M		S		S		T					
E	G	G	I	N	G		A	U	S	T	I	N			
	R		G		N		L		S		F				
A		L		E		R	A	I	L	S		I			
P	R	E	C	E	D	E		D	I	A	N	E			
T		V		C		D		M				L			
I	R	I	S	H		G	R	A	B	E	D				
O		N		A	E	O	N			R					
N	E	S	T	E	D		A	D	A	G	E	S			
	C		C	Z	A	R		L		A					
T	O	F	F	E	S		T	R	E	A	D				
V		A		C		I		A		I					
S	T	O	N	E		E	N	C	A	M	P	S			
E		E	G	G	O	N		A		E		T			
T	O	R	S	O		D	E	L	U	D	E	S			

RIDDLER
1. Sugar (sug ar), 2. Typist (typ ist), 3. Echo (ech o), 4. Turtle (tur tle), 5. Admonish (Ad mon ish)

MENSA PUZZLE
248: in the rest there is the same difference between each digit, eg 8 (–3) 5 (–3) 2.

SUDOKU

9	2	3	1	7	8	6	5	4
5	4	6	9	3	2	1	8	7
8	1	7	5	4	6	9	2	3
1	8	9	4	5	3	2	7	6
3	6	5	7	2	9	8	4	1
2	7	4	6	8	1	5	3	9
4	3	1	8	9	5	7	6	2
7	9	8	2	6	4	3	1	5
6	5	2	3	1	7	4	9	8

ALPHA TRIANGLE
I, In, Tin, Tine, Stein, Feints, Fitness.

GO FIGURE
Easy
6 x 4 – 4 – 6 =14
Medium
4 + 8 / 2 – 4 = 2
Hard
2 + 3 + 4 + 3 = 12

LOOP

KAKURO

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